



StayWell@Work™

Monthly Strides

Taking strides to better your health

March Issue Includes

- National Sleep Awareness Week (March 2-8)
- American Diabetes Alert Day (March 24)
- National Nutrition Month

Diabetes Alert Day

Studies show that the main factors that cause diabetes are heredity, obesity, diet and sedentary lifestyle. It's the 4th leading cause of death, and can cause serious health complications such as heart disease, blindness, kidney failure and lower extremity amputations. The good news is that type 2 diabetes can be delayed or prevented.

There are three types of diabetes: type 1 (insulin-dependent diabetes), type 2 (non-insulin dependent diabetes) and gestational diabetes (occurs only during pregnancy). All three involve problems with insulin, a hormone that removes glucose from the blood and allows it to enter the body's cells where it can be used as energy for the body.

Pre-diabetes occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

Visit StayWell Online at <https://delaware.online.staywell.com> and click on "Diabetes" in the "Health Centers" section to learn more.



National Sleep Awareness

Sleep experts believe that adults need seven to nine hours of sleep each night for optimum performance, health and safety. When we don't get adequate sleep, we accumulate a "sleep debt" that can be difficult to "pay back" if it becomes too big. Sleep deprivation has been linked to health concerns such as obesity and high blood pressure as well as negative mood and behavior, decreased productivity and safety issues.

You may have experienced one of the common sleep disorders including snoring, insomnia, jet lag, sleepwalking or obstructive sleep apnea. Adequate sleep is as essential to good health as exercise and proper nutrition. If you are short of sleep, you may suffer physical, mental and emotional problems. For more information about sleep, visit the National Sleep Foundation, www.sleepfoundation.org.

You may also visit StayWell Online at <https://delaware.online.staywell.com> and type "sleep" in the Search box to learn more.

